FAMILY LIFE

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GOOD HOUSEKEEPERS ARE SCARCE

Really first-class housekeepers are few and far between, if the results of a survey in a government housing project near Los Angeles are any indication. The average man would have only one chance in twenty to marry such a housekeeper.

In fact, he has only about a fifty-fifty chance to get one who is even good.

The attached table shows the rating of these homes, made by members of the staff of the project. The information relates to dwelling interiors and does not include condition of the lawn. Detailed guides for rating were provided those making the inspections.

The 12% rated as "poor" were really more than that—they were the homes of definitely bad house keepers, whose units did not meet acceptable standards of health and/or decency in spite of pressure exerted by the staff of the project.

About half of the group were families of veterans, and these made a distinctly better showing than the remainder in the maintenance of their homes.

A study of this sort is, of course, very approximate and not intended to be more than suggestive. It is interesting to find that the 12% of poor or definitely bad housekeepers corresponds rather closely with previous findings at another housing project.

Ratings of Housekeepers

Group	N	Excellent	Good	Fair	Poor
		%	%	%	%
Naval personnel (white)	32	0	13	84	3
Civilian (white)	240	5	45	40	10
Negro	63	5	24	52	19
Mexican	20	5	50	25	20
Oriental	7	0	43	43	14
Information lacking	21	0	38	57	5

The standards used for the rating were by no means high. Homes classified as "fair" represented a minimum of comfort and attractiveness, but no conditions that threatened the physical health or well-being of the family.

Omitting the naval personnel and taking the 351 other families, 5% were rated as excellent, 40% as good, 43% as fair, and 12% as poor. Couples with two children made the best showing, furnishing a slightly higher proportion of excellent housekeepers than did those with one or none, but the numbers involved are too small to justify

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any conclusions.

The population of this housing project was drawn from many parts of the United States. If the findings from this small sample are representative of any considerable section of the nation's homes, they suggest that the standards of attainment in home-making are not favorable to sound family life. They reflect little credit on either parents or public schools, who should have taught young people "how to live."

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RESEARCH NOTES

Boys are slightly more critical of their fathers, than are girls, according to a survey of 388 children (equally divided as to sex) in the fifth and sixth grades. These children, L. Pearl Gardner reports, did not want any more affection than they had, but the girls wanted their fathers to give them more recreational time. Negative criticisms of fathers included punishment, general irritability, poor adjustment with mother, and absence from home. Both sexes desired similar things: an allowance, more freedom to play and go to shows, and more conversation with father. (Journal of Genetic Psychology, March, 1947).

The number of persons 5 to 17 years old (the ages of elementary and high school attendance) in the United States on July 1, 1945, was 28,871,000, according to the federal census. This represents a decrease of 2.9% over the figures for 1940.

The Heredity Clinic of the University of Michigan now has records on file from 889 kindreds, in whom occur a wide variety of inherited traits. Dr. James V. Neel is now the director.

Owner-occupied homes in the United States now number 21,744,823, according to figures from the National Association of Real Estate Boards. The average home is 27 years old.

Estimate of the federal Census Bureau is that there were 5,070,000 families, in 1946, where husband and wife were both employed outside the home,—a jump of 66% since 1940.

Birth rate of the United States in 1946 was 24.8 per 1,000 population,—highest recorded since the early 1920's. The lowest was 18.3 in 1933 at the peak of the depression.

Schizophrenia (dementia praecox) strikes nearly 2% of the population of the United States, mostly those between 15 and 35 years of age. Dr. H. D. Goodale has recently reviewed studies of twins which indicate that the disease "develops only in persons of a certain genetic constitution." Heredity is probably more important in this than in any other of the common mental diseases. (Science, July 4, 1947).

Probability of one divorce for each two marriages, by the year 1957, is forecast in the current yearbook of the Encyclopedia Brittannica, just out.

Florida and Oklahoma are the only two states which reported fewer marriages in 1946 than in 1945. Marriages have fallen off during the present year; indeed, during the first quarter Nevada was the only state reporting an increase.

MENTAL HYGIENE TO STRENGTHEN FAMILY LIFE

Establishment of a mental hygiene guidance center in Miami County, Ohio, will provide a demonstration of what can be done to strengthen family life in a semi-rural community. The project is underwritten by an annual grant of $50,000 from the U. S. Public Health Service to supplement local resources, and follows a nine-months survey made under the direction of leaders from Ohio State University.

The service will deal with maladjusted children, their parents, and other adults, will be a source of counseling for marriage and family relations, and will furnish group therapy on as large a scale as possible.

The survey revealed that the number of divorces has multiplied five times since 1940 and is now nearly twice as high as the national average. Among the causes frequently found behind divorce suits were:

1. Unhappy and frustrating childhood experiences which warp the developing personality.

2. Hasty, ill-advised, or forced marriages.

3. Lack of educational preparation of young people for marriage.

4. Lack of financial security in the early years of marriage.

5. Lack of professional counseling services for married couples in trouble and for those about to enter upon marriage.

"The rearing of mature, well-adjusted, and properly educated people is the most promising long time solution of the divorce problem and of other problems arising out of personality distortions," the report says .

About one in every five elementary school children in Miami County was found to present evidence of poor mental health of some degree of seriousness. "One of the striking findings of the present study is the very great difference between boys and girls in personal and social adjustment," the boys contributing two or three times as many subjects needing mental hygiene guidance as do the girls. "It is evident," the report declares, "that boys do not get along as well as do girls in our public school system. Why this is so requires further research."

The population of Miami County (of which the largest cities are Piqua and Troy) is predominantly American-born white of native parentage and is believed to be fairly representative of many semi-rural areas in the United States.

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INEXPENSIVE PAMPHLETS

Parents: TELL YOUR CHILDREN, 8-page pamphlet for parents of children from 6 to 10 years of age, free on application to Dr. J. A. Goldberg, N. Y. Tuberculosis and Health Assn., 386 Fourth Ave., New York 16, N. Y.

A DISCUSSION OF FAMILY BUDGETS,—How they're made and how they work. Available to those professionally interested, from Women's Division, Institute of Life Insurance, 60 E. 42nd St., New York 17, N. Y.

ADOLESCENT STERILITY

Appearance of first menstruation does not indicate that a girl can become a mother. There is usually a delay of some months, perhaps several years, before she is able to conceive; and conditions are not most favorable for pregnancy until she has reached full maturity about the age of 23, in other words, a full decade after the appearance of menstruation.

This is the thesis of "Adolescent Sterility," by the Philadelphia anthropologist M. F. Ashley Montagu (pp. 148, price $3.50 from Charles C. Thomas, Springfield, Ill., 1946.) The ideas are not new, but Dr. Ashley Montagu has set them out with abundant evidence, (much of it highly controversial), and has discussed the similar situation among other mammals.

There are instances, he agrees, in which a woman becomes pregnant immediately after the first menstruation, or even before. There is great variation among women and among populations. But the usual situation involves an adolescent sterility interval, and this is suggested as due to the gradual development of the girl as three different hormones from the anterior lobe of the pituitary gland are released in turn:

1. At the average age of 13 years, the pituitary elaborates a follicle stimulating hormone which acts upon the ovary in such a way as to cause the latter to produce its own hormone, estrogen, which in turn acts upon the uterus in such a way as to produce menstruation.

2. A little later the pituitary releases a luteinizing hormone, which acts upon the ovaries in such a way as to cause them to mature and release egg cells.

3. Later still, the pituitary releases a third hormone, prolactin, which acts upon the ovaries to produce from them another hormone, progesterone, which prepares the uterus for pregnancy.

At stage one, fertilization of the egg cell is normally impossible, even though menstruation has begun. At stage two, the egg cell may be fertilized, but will not carry on to a successful pregnancy. At stage three, successful childbirth is possible.

The great variability in these functions (as in all other human functions) may permit some unexpected results; but when very young girls bear children, it is likely to be because they have gone through this whole cycle earlier than usual. The most spectacular of the well-authenticated cases is that of Lina Medina, born in Peru on Sept. 27, 1933. She began to menstruate at the age of eight months,— which made it hard for the mother to prepare her for the event by giving her the "facts of life" in advance! On May 14, 1939, when she was five years and eight months old, she gave birth to a healthy baby boy.

Unfortunately Dr. Ashley Montagu does not deal with the development of fertility in boys, — probably because there is almost no evidence on the subject. Scattered observations indicate that living spermatozoa may be found in an ejaculation, at the earliest age of such occurrence, but there is no information as to whether they are capable of starting a successful con-

ception at that period. Press dispatches recorded the birth of a daughter in Boston on July 13 of this year, to a 14-year old girl who it was stated had been married for more than a year, and whose husband was also only 14 years old. He was barely able to get into the hospital to visit his family since regulations prohibited entry to the obstetrical ward of any child under 14.

Dr. Ashley Montague holds that the most favorable period for childbearing lasts only about five years after maturity which, as noted, he takes to be 23 years of age with a variability of two years either way.

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EDUCATIONAL NOTES

First volume of the results of the study of sexual behaviour, which has been in progress for some years under the direction of Dr. Alfred G. Kinsey of Indiana University, will be published in January, 1948, by W. B. Saunders Company of Philadelphia. It is titled "Sexual behaviour of the human male."

The Family Reading Club is one of the recent book-of-the-month organizations, offering a monthly news bulletin as well as books guaranteed to be suitable for reading by the whole family.

Marriage Clinics sponsored by the Catholic Youth Organization proved particularly popular in Springfield, Ill., and nearby cities during the first five months of 1947. Most of them were held for boys and girls separately. Non-Catholics made up one-fourth of the total attendance. Directors of organizations interested in sponsoring similar educational activities can get copies of the lecture-outlines and other material by writing to Rev. Raymond O'Connor, director ,C.Y.O., 225 S. 8th St., Springfield, Ill.

Mrs. Gladys H. Groves of Chapel Hill, N. C. has been appointed American editor of the Bombay quarterly Marriage Hygiene, of which it is hoped to issue the first post-war number by October 1. General editor and publisher is Dr. A. P. Pillay, Whiteaway Bldg., Hornby Road, Bombay 1, India, who writes, "Stated briefly, my objects are to make sexology respectable and to educate the public on biological facts regarding sex." Subscription is $5.00 per year.

Illinois is the most recent state to prohibit filing of suits for "breach of promise," except in cases where real damage can be shown.

Questionnaire sent to 166 pupils who took the course in family relationships taught by Mrs. Elizabeth S. Force at Tom's River (N. J., High School) revealed that 96% of them considered it either "extremely helpful" or "of considerable value."

"Counseling the Aged" was described in an address to the National Conference of Social Work by Mrs. Clare de Gruchy, the co-worker and successor of Dr. Lillien J. Martin. For a free copy of this valuable paper send stamped, self-addressed envelope to Mrs. Clare de Gruchy, Old Age Counseling Center, Shreve Bldg., San Francisco 8, Calif.

Vigorous campaign to strengthen the family is needed "now, at a time when the laxity of wedlock and the wicked facilities for divorce are working such peril to our domestic life," declared Dr. Theodore L. Cuyler, New York Presbyterian leader. He was writing in 1901.

NEW BOOKS IN BRIEF REVIEW

THE DYNAMICS OF HUMAN ADJUSTMENT, by Percival M. Symonds. Pp.666, price $5 from D. Appleton-Century Co., 35 W. 32nd St., New York, N. Y., 1946.

"Reason and intellect are dethroned as the principal factors in adjustment," says Dr. Symonds, professor of education at Teachers College, Columbia University. "This book would make adjustment primarily a matter of reactions to frustration and the individual's attempt to avoid anxiety." Following largely in the Freudian tradition, it deals in detail with the drives that are basic in human nature, and the many and interesting ways in which the individual reacts to frustration. Nearly 900 items of annotated bibliography wind up the discussion. Normality, Dr. Symonds concludes, is largely a matter of good balance, produced by maturity. Among the marks of good adjusment are freedom from unprofitable conflict, effective intelligence, acceptance of reality, acceptance of responsibility for self, consistency, and good social relationships. The well adjusted person knows his own capacities and limitations, functions fully and enjoys life, loves others and accepts love from them in turn. All these things are obviously the very foundation of good family relations. While Dr. Symonds' point of view is not the only one from which such a book can be written, it offers abundant and practical help to "anyone and everyone who must deal with other individuals,"—or even with himself.

FATHER OF THE MAN, by W. Allison Davis and Robert J. Havighurst. Pp.245, price $2.75 from Houghton Mifflin Co., 2 Park St., Boston, Mass., 1947.

This is a study of the development of personality. Starting with his inborn constitution and inherited differences, the child at birth begins to be influenced by family patterns and by the impact of culture. The factor last-named is particularly stresed by the authors who believe that "the culture of our middle class probably exerts more severe pressure upon the young child than does the culture of any other people in the world." Foundation of the book is a study of 200 Chicago families, half in the middle class (50 white, 50 Negro) and the other half in the lower class and similarly divided as to color. Class differences are greater than color differences, they report. Many practical suggestions are included, for the parents of young children. While the subject of the book lies in one of the most controversial fields, scientifically, and critics will not agree with all the authors' positions, the book is so detailed, specific, and interestingly readable that it ought to have a wide circulation.

HYPNOTISM TODAY, by L. M. LeCron and Jean Bordeaux. Pp.278, price $4 from Grune & Stratton, 381 Fourth Ave., New York 16, N. Y., 1947.

Two practising psychologists offer in this book a simple and easily read account of hypnotism that will dispel many misunderstandings. Their discussion includes something of the history of the subject, and a good deal of elementary psychology, with brief case histories. Hypnotism is today

enjoying greater popularity than ever before and is being used successfully in combination with psychoanalysis, to attain results that neither specialty alone can get.

PSYCHOLOGY, the fundamentals of human adjustment, by Norman L. Munn. Pp.497, price $3.60 from Houghton Mifflin Co., 2 Park St., Boston, Mass., 1946.

Dr. Munn of Bowdoin College has produced one of the most complete, well balanced, and judicial textbooks on general psychology that has appeared in some years. More than 200 illustrations increase its value.

CASEBOOK OF NON-DIRECTIVE COUNSELING, by William U. Snyder. Pp.339, price $3 from Houghton Mifflin Co., 2 Park St., Boston Mass., 1947

Techniques of non-directive counseling (often identified with the name of Carl R. Rogers) are illustrated by five case histories, representing five different counselors. The first is by Dr. Snyder of Penn State College, who edits the volume. The stenographic records give an excellent picture of the process and are made more useful by analytical notes. Non-directive counseling is actually nothing new, and is widely misrepresented. At best it covers a very small segment of a large field, and its usefulness in marital counseling is limited.

MODERN CLINICAL PSYCHOLOGY, by T. W. Richards. Pp.331, price $3.50 from McGraw-Hill Book Co., 330 W. 42nd St., New York 18, N. Y., 1946.

"Civilized living requires that we show some understanding toward our fellow man; intelligent living demands it," says Dr. Richards, professor of psychology at Antioch College (Yellow Springs, Ohio). "The ability to understand others, though largely an intuitive gift, is susceptible to improvement. . . This book is written expressly for those who, for whatever reason, seek to supplement the intuitive knowledge of personality that they already have."

Lack of any mention of marriage or family counseling is a practical reminder that these are really not outgrowths of "modern clinical psychology;" they might more nearly be called clinical sociology and the supposition of some counselors that training in ordinary clinical psychology qualifies them for marriage counseling leads to some very bad performances. But much of the content of Dr. Richards' book will be valuable to any student. His point of view is psychodynamic but without faddism.

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AROUND THE WORLD

Artificial insemination was the topic of a conference held in England by the Public Morality Council, in which all of the clergy apparently agreed that the practise was objectionable except in cases where the husband's own spermatoza were used. When another man (a "donor") is called upon, J. P. Ashworth pointed out that the resulting child is legally illegitimate, and if its mother and her husband register it as their own child, they may be liable to prosecution for perjury. Several of the speakers, however, believed that these cases of "semi-adoption" often have the effect of keeping a marriage intact, which would otherwise break up.

Attempting to cope with some of the difficulties growing out of the rapid dissolution of feudal customs, the Japanese government has estab-

lished under its Ministry of Welfare a marriage bureau which will help candidates to find suitable mates. Tradition has made it difficult for Japanese young men and women to meet socially and become well acquainted. The bureau, according to newspaper reports, finds that about 20% of its introductions end in marriage. A "complete wedding" is then provided for 700 yen or about $47.

Sole ground for divorce in eight Canadian provinces is adultery. Nova Scotia adds another ground, cruelty, but it is seldom cited.

"Population Studies" is a new quarterly journal of demography published by the Cambridge (Eng.) University Press.

London will be the site of the International Congress of Mental Hygiene, August 12-21, 1948.

Family Allowances in Canada, now in effect for more than two years, are approved by 74% of the population, according to a poll by the Canadian Institute of Public Opinion. They were disapproved by 16% in the poll while 10% were undecided. When the first poll on the subject was taken in 1943, the plan being then suggested but not yet made into law, only 49% approved the general idea.

Under the name of "Cooperative Association for Child Protection and Nutrition," an organization with a broad program has been established in the province of Buenos Aires, Argentina. It will attempt to provide day nurseries, medical assistance, and distribute clothing, will push adult education, encourage better home-making, and provide vocational guidance.

As part of its campaign to reduce divorce, the Soviet Union now requires every couple to go through four different attempts at reconciliation, at various points in the progress of the suit for divorce.

By a margin of only two votes, the Central Conference of American Rabbis, meeting in Montreal, defeated a resolution which would have completely forbidden marriages between Jews and unconverted gentiles.

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SOCIAL HYGIENE

Surveying 172 American organizations in the field of social hygiene, Stuart E. Marsee finds their most frequently stressed objective is "to provide family life education."

On the whole, he judges these organizations to be short-lived, inadequately financed, lacking in trained leadership, and spending a disproportionate amount of their small budgets for venereal disease education instead of for a "positive program." They are not making adequate use of their opportunities to influence schools and churches or to relate themselves to other community organizations.

Neither the U. S. Public Health Service nor the federal Office of Education is making an active contribution to social hygiene education, Dr. Marsee reports.

Concluding his survey (unpublished doctoral dissertation in the School of Education, University of Southern California), Dr. Marsee urges strengthening of counseling services, in-service training for teachers, and increased emphasis on community recreation. Anyone interested may obtain a mimeographed abstract of the dissertation by sending a stamped, self-addressed envelope to Dr. Stuart E. Marsee, 623 W. 36th St., Los Angeles 7, Calif.

MENTAL HYGIENE AND FAMILY COUNSELLING

"Domestic counseling is rapidly becoming a profession, a special type of mental hygiene." "If counseling is primarily an art, it must be an art based upon solid scientific foundation."

These propositions are developed fully in a posthumous book by Ernest R. Groves, pioneer sociologist in family life education, and by his daughter Catherine Groves, a social worker: "Dynamic Mental Hygiene with special emphasis on family counseling," pp. 559, price $3.75 from Stackpole Sons, Harrisburg, Pa., 1946.

More than half the book is given to a discussion of many different aspects of mental hygiene,—biological, medical, psychological, psychiatric, educational, sociological, legal, religious, and social work. Such a broad view is particularly welcome and necessary because the mental hygiene movement, in some parts of the United States, is in danger of being hampered by an attempt to make it merely one phase of psychiatry, in the narrowest sense.

Attempting to distinguish family counseling from social case work, the authors point out that the former "has come about in response to demands rising chiefly from the middle class," whereas the latter grew not so much out of a demand from its beneficiaries as from society's attempt to assist the underprivileged.

Functions of the family counselor are many. He may be variously called upon to act as

1. A giver of information.
2. A hearer of confessions.
3. A sympathetic listener.
4. An unbiased judge.
5. An analyzer and interpreter.

"Perhaps there is no other undertaking that so much demands a synthesis of several lines of scientific interest or an approach to problems on so wide a front as family counseling."

It is obvious, the authors point out, that "The increasing demand for expert help in dealing with marriage and family problems must for the most part be met by persons who qualify themselves through study and experience to give counsel as a by-product of their major career. These are most likely to be members of the clergy, college teachers, especially psychologists and sociologists, and social workers." To all such and innumerable others this book illustrated with nearly 100 brief case histories, will bring a wealth of information and mature judgment.

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HOW MANY CHILDREN?

A small family (two children or less) finds more favor in Great Britain than in Canada, Holland, or the United States, according to surveys made by the Gallup Poll. More British (39%) voted for two children than for any other number as the ideal size of family, while in the United States the largest proportion (29%) voted for four children, but with 25% in favor of three and two children, respectively, as the ideal family. In all four countries "women are somewhat more in favor of large families than are men." The investigators also note that "parents tend to give the actual number of children they have as the ideal size of family."

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counselling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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